

JAKE NEWTON/RED EYE ILLUSTRATION

**Red
eye**

Wednesday
JANUARY 13, 2016

★ FREE ★

A Chicago Tribune publication

Lotto memo
has bad math,
right idea **3**

Wild-card wins
could lead to
Forte's loss **8**

Tips for those
clueless in the
kitchen **15**

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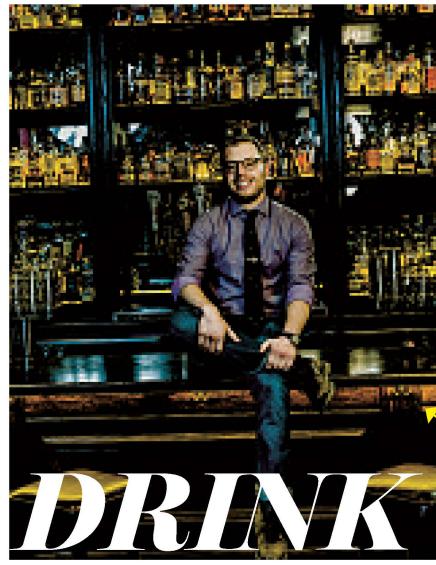


EAT

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DO



FILLET OF SOLO KICK-OFF NIGHT

Mayne Stage

1328 N. Morse Ave. 773-761-4477

Hear stories in a variety of styles from Julie Ganey, Tyler Greene and other performers participating in Lifeline Theatre's 19th annual live lit fest, which starts on Friday. Don Hall of "Wait Wait... Don't Tell Me!" hosts. 7 p.m. Doors open at 6 p.m.

BROKEN NEW YEAR'S RESOLUTIONS

Bar 63 6341 N. Broadway 773-942-6269

Part of Pivot Arts' monthly performance series, the show mixes interviews, songs and stories featuring songwriter and ukulele player Narciso Lobo, Mucca Pazza band member Sharon Lanza and others. 8 p.m. \$5-\$10.



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3-DAY FORECAST



WEDNESDAY

25

Brrrr



THURSDAY

39

26

Some sun



FRIDAY

40

36

Hi, rain

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DO THE MATH

By Caitlin Dewey | THE WASHINGTON POST

An Arkansas rapper casually solved American poverty this week with the simple post of a Facebook meme.

"Powerball 1.3 billion [divided by] U.S. pop 300 million," read the Monday post; the jackpot has since inched up to \$1.5 billion. "Everyone receives 4.33 mil. Poverty solved!!!"

Alas: Not really! As smug gentlemen and scholars have pointed out across the Internet, \$1.3 billion divided by 300 million is actually a paltry \$4.33. (Also, not to nitpick here, but the U.S. population was 308.7 million as of the 2010 census—and only 234.6 million, if you exclude children under age 18.)

So: Why have more than 1.3 million people reshared the meme (pictured at right) on Facebook, and why have hundreds of thousands liked it? Some are doubtlessly mocking the meme's bad math—but others, I suspect, agree strongly with the general philosophy of Philipe Andolini, the woman to whom it's credited.

"Her math was incorrect but I get it," wrote Livesosa, the rapper whose post made the meme go viral. "Point she was attempting to make is simple.. There's enough money to feed the people."

In other words, this is a meme less about Powerball—the next drawing is Wednesday—and more about distribution: How is it—Andolini's presumably arguing—that one person can, in a stroke of unthinkable fortune, win \$1.3 billion ... when other people have next to nothing? Isn't there some way to distribute Powerball's proceeds a little more equitably?

Powerball does sort of redistribute money back to "the people" ... albeit not in the form of 300 million personal checks, and not in any form even approaching perfectly equitable. (Case in point: Low-income people are the biggest players of the lotto, leading many economists to argue that it's a "regressive tax"

on the poor.)

Powerball is run by the Multi-State Lottery Association, a nonprofit based in Iowa that basically operates several monster games across 36 states and Washington, D.C. When you buy a Powerball ticket, roughly 50 to 65 percent of your \$2—depending where you are—goes to the pot of prize money. A small portion, less than a dime, goes to administering the lottery. Something like 12 or 14 cents also goes to the retailer that sold the ticket.

But the rest? That goes straight back to the state where you bought your ticket, and your state government decides what to do with it.

WHAT A MATHEMATICALLY INCORRECT FACEBOOK MEME GETS RIGHT ABOUT THE LOTTERY

This varies wildly by state, of course, but the MUSL tracks how much lottery money has, cumulatively, gone to different causes in different states.

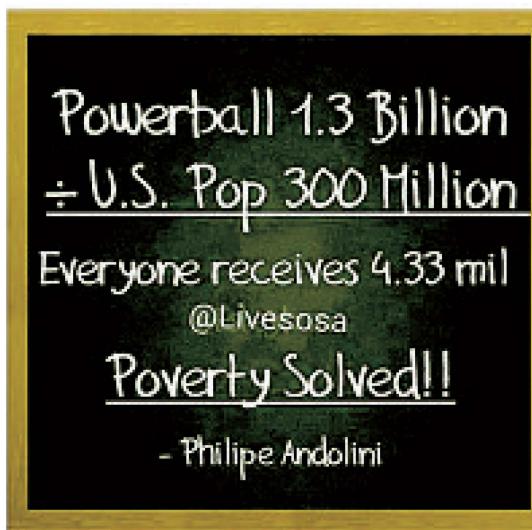
In Arizona, for instance, some \$625 million has gone to local transportation funds since 1982. In Illinois, "proceeds from lottery sales help fund K-12 public education," according to the state's lottery website; in Washington state, the lottery has helped build Qwest Field and the Seattle Mariners' stadium.

At its heart, Andolini's meme seems to argue that more Powerball money should go to programs that directly address and alleviate poverty—things like literacy and early childhood reading programs (to which Kentucky's devoted \$30 million) or meals and transportation for low-income seniors (as in Pennsylvania, nearly \$25 billion).

Her meme argues that the Powerball pot should be spent more responsibly, not less. And while her method and math are undeniably wrong, reforms to state lotto revenue distribution make lots of sense.

Admittedly, that doesn't read quite as well as a Facebook meme.

REDEYE CONTRIBUTED.



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*source: Educationnews.org

*source: U.S. Bureau of Labor Statistics,
Occupational Handbook, 2012

the chatter JOIN THE CONVERSATION

Meet the new option for student loan repayment



YOUNG MONEY

**Carolyn
Bigda**

» redeye@redeyechicago.com
» [@redeyechicago](http://redeyechicago)

College graduates already have a number of repayment options for federal student loans, but a new one was added to the bunch in December.

Called Revised Pay As You Earn, or REPAYE, it is another type of income-driven plan that ties your monthly payment to your earnings.

Like some of those plans, your payment is capped at 10 percent of your discretionary income (defined as adjusted gross income above 150 percent of the federal poverty level for your household's size).

But unlike other plans, REPAYE is available to undergraduate and graduate federal student loan borrowers, regardless of the year the money was borrowed. And you don't have to meet debt-to-income ratios to qualify.

"One of the important improvements of REPAYE is that it removes the barrier to entry if you want assurance that your payment won't exceed 10 percent of your income," said Lauren Asher, president of the Institute for College Access and Success.

Still, with the addition of REPAYE, federal student loan borrowers now have as many as eight repayment plans from which to choose, more than half of which are income-driven plans.

"It's a mess," said Mark Kantrowitz, a student loan expert. "Things were complicated enough before."

To help you make the best repayment choice for your situation, consider the following tips.

Learn about income-driven plans. Many borrowers don't realize that income-driven plans are available, Asher said.

"You don't have to be an expert on student loan policy to take advantage of them," she said. "You just have to know that they are out there."

A good place to begin learning about the plans is two Department of Education websites, studentaid.ed.gov and studentloans.gov.

REPAYE is included in the Department of Education's online repayment estimator at studentloans.gov, which calculates your monthly payment under various repayment plans.

It's a good idea to start learning about all your options. College students who graduated in May should pay special attention because the six-month grace period before repayment begins ended in November.

Think ahead. Although REPAYE is available to more borrowers, there are some restrictions.

Only federal loans borrowed through the Direct Loan program qualify. If you have loans through the Federal Family Education Loan program (which might be the case if you borrowed before July 1, 2010, when FFEL ended) you will have to consolidate the debt through the Direct Loan program.

Also, Parent PLUS loans are not eligible.

Keep in mind that under REPAYE, your monthly payment will never be more than 10 percent of your discretionary income. But that means that if your income jumps, you could end up with a significantly larger student loan bill down the road.

Other income-driven plans will cap your bill at the standard 10-year repayment as your income rises. If you want the assurance that your bill will never go higher than that figure, consider one of the other plans.

Make changes. You can change repayment plans at any time as you pay back your loans.

But generally, an income-driven plan—regardless of the specific one you choose—is going to be one of your cheapest options.

Said Asher, "If your priority is the lowest possible monthly payment that's tied to your income, an income-driven plan is something you should consider."

CAROLYN BIGDA WRITES THE CHICAGO TRIBUNE'S WEEKLY "GETTING STARTED" COLUMN, COVERING PERSONAL FINANCE TOPICS FOR 20-SOMETHINGS. SHE ALSO IS A CONTRIBUTING EDITOR AT KIPLINGER'S PERSONAL FINANCE.



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GETTY IMAGES

Using social media to vet job seekers is risky

By Alexia Elejalde-Ruiz | CHICAGO TRIBUNE

Social media profiles have become founts of information for recruiters vetting job candidates, presenting a risk not only to applicants whose personal posts may hurt their chances but also to employers who might discover details they don't want seeping into their hiring decisions.

Eighty-four percent of employers used social media last year to recruit job candidates, up from 56 percent who did so in 2011, and nearly half used social media profiles or online searches to screen applicants, according to a survey released Friday by the Society for Human Resource Management.

Over a third of those screeners said they had disqualified a job candidate in the past year because of information they found, such as illegal activities or discrepancies with job applications, according to the survey, which polled 410 human resources professionals.

That puts job seekers on notice to keep their social media profiles clean and their applications true. But it also opens employers to the risk that they will learn details about an applicant—such as race, age, religion, disability or pregnancy—that are protected and legally cannot be taken into account in making hiring decisions.

"Once an employer knows this information,

it can't unlearn it, and it can be accused of making a hiring decision based on that information," said Doug Hass, an employment attorney with DLA Piper who represents management.

Illinois is among a handful of states where it is unlawful for employers to demand access to an employee's or job candidate's social media profiles or request a password so they can gain access. But employers are within their right to view what is publicly available.

Hass said he knows of no litigation citing Illinois' password law. Still, issues can arise. The University of Kentucky paid \$125,000 several years ago to settle a religious discrimination case after a university professor claimed he was passed over for a job because of views he expressed about evolution on his website.

There are justifiable reasons to weed people out based on their social media activities, said Brian Alcala, labor and employment partner in Nixon Peabody's Chicago office. For example, an employer can disqualify someone found to be posting racist jokes. And profiles that don't align with an applicant's resume can raise red flags worth asking about.

There are also positive reasons to explore profiles, such as confirming that applicants are creative, good communicators or well-rounded in their personal life, Alcala said.

19 dead, 100+ wounded in shootings

Nearly two weeks into the New Year, Chicago has logged 19 people fatally shot and at least 100 wounded, according to data compiled by the Chicago Tribune.

The fatal shootings included one of three people shot at a party four blocks from Mayor Emanuel's home over the past weekend.

Police say the violence is the result of ongoing gang conflicts that are ramped up in part by social media. —CHICAGO TRIBUNE



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Matt Forte
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PRICE DROP?

NFL WILD-CARD WINNERS AREN'T HELPING MATT FORTE'S FREE AGENCY CAUSE

By Brad Biggs | CHICAGO TRIBUNE

Road teams ruled wild-card weekend like never before, and the Bears ought to keep in mind one of the takeaways.

The visitors were 4-0 in the wild-card round for the first time since the current 12-team playoff format was introduced in 1990, and in each instance the team with the experienced postseason quarterback advanced (Kansas City's Alex Smith, Pittsburgh's Ben Roethlisberger, Seattle's Russell Wilson and Green Bay's Aaron Rodgers).

The other point to keep in mind is that running backs are mighty replaceable when it comes to postseason success. Surely that isn't lost on the decision-makers at Halas Hall as the Bears consider a future without 30-year-old Matt Forte.

In a few instances, the winning teams were down to their third and fourth options at running back. The Steelers won with Fitzgerald Toussaint and Jordan Todman sharing the

load as DeAngelo Williams watched from the sideline with a boot protecting his right ankle. Williams was the backup to Le'Veon Bell, the electric starter who underwent season-ending knee surgery in November.

Toussaint, an undrafted free agent from Michigan in 2014 who began this season on the Steelers practice squad, rushed for 58 yards on 17 carries and caught four passes for 60 yards. Todman carried 11 times for 65 yards.

The Chiefs lost four-time Pro Bowl selection Jamaal Charles to a torn ACL in their Week 5 loss to the Bears. They've won 11 straight after blowing out Houston on Saturday. Spencer Ware (67 yards Saturday) and Charcandrick West have gotten most of the work.

Seahawks star Marshawn Lynch announced at the last minute that he wasn't making the trip to Minnesota. He played in only seven regular-season games, the last on

THE DIGIT

25.5

The average age of the six running backs from this weekend's four NFL wild-card winners who had at least 11 carries. The four quarterbacks from those teams are an average of just under 31.

Nov. 15, and his replacement, Thomas Rawls, has been out since Week 14 with a broken ankle. The Seahawks brought back Christine Michael on Dec. 16, and he ran for 70 yards in the win over Minnesota.

The Packers struggled to find consistency in their ground game all season, although Eddie Lacy (12 carries, 63 yards, one touchdown) and James Starks (12 carries, 53 yards, one touch-

down) both found success in the win over Washington.

The Bears have to consider this as they decide whether to pay Forte, who will be an unrestricted free agent in March, or roll with Jeremy Langford, 24, and Ka'Deem Carey, 23, younger players who hit the hole harder.

You can't look back on the 2015 season and find a game Forte took over. Nothing changes for the Bears in moving to Langford and Carey. Forte is a more skilled receiver out of the backfield, but the Bears need to focus on throwing the ball more efficiently to wide receivers, something that should happen with Alshon Jeffery and Kevin White.

Of the remaining eight playoff teams, only two have a back who was in the Top 10 in rushing: Carolina's Jonathan Stewart was eighth and Williams was 10th.

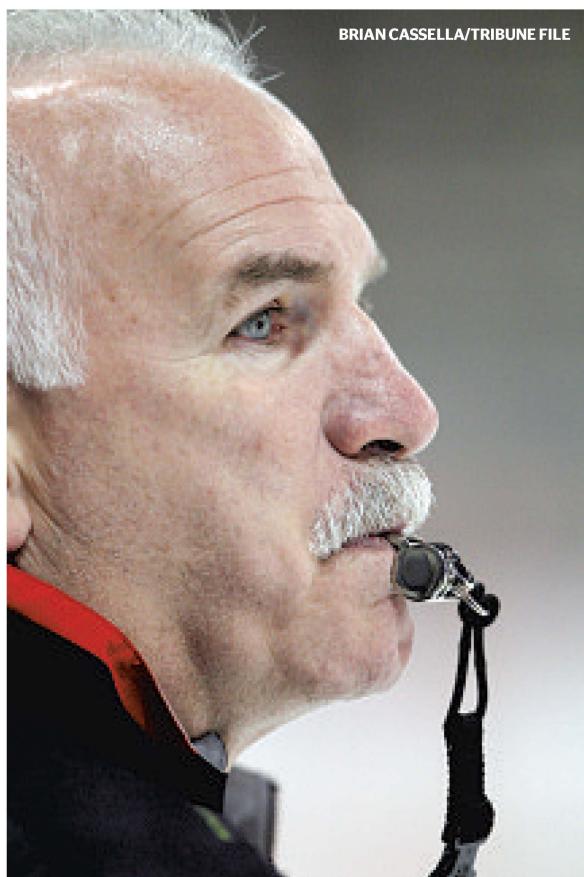
Elite running backs are difficult to find. Serviceable ones you can win with are all over.

WHY YOU SHOULD CARE
Thirty-year-old running back Matt Forte becomes a free agent in March, and if other teams prove a top-flight running back is not essential to winning in the postseason, the Bears could follow suit.

On to the playoffs, right?

Baseball season can't arrive soon enough for Cubs fans, and one website has added fuel to that fire. Fangraphs projects that the Cubs will finish the 2016 season with a major league-best 95-67 record. The team's roster was fortified this winter by the signings of outfielder Jason Heyward, pitcher John Lackey and the versatile Ben Zobrist.

As for the White Sox, Fangraphs predicts that they will finish 81-81 and in second place in the AL Central behind Cleveland.



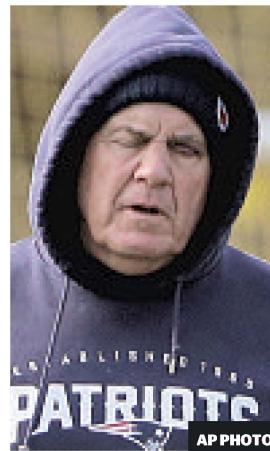
BRIAN CASSELLA/Tribune File

THE MOUTHWATCH
“I'M NOT FORECASTING BEYOND THAT. ... WE'RE HAVING FUN RIGHT NOW AND WE'LL SEE WHAT HAPPENS.”

—Blackhawks coach **Joel Quenneville**, who signed a three-year contract extension Tuesday that will keep him with the team through 2019-20

THE MOUTHWATCH

“I DON'T THINK WE NEED TO LIST THE COACHES ON THE INJURY REPORT. ... I THINK I'LL LIVE.”
 —Patriots coach **Bill Belichick**, at a media session Tuesday where he showed up with a black eye.



HOT DATE
MARCH
8

That's when the Chicago Marathon will begin accepting runner applications for this year's event, set for Oct. 9. Potential participants can apply at chicagomarathon.com.



CHRIS SWEDA/Tribune File

Don't go looking for it

The home run ball that Kyle Schwarber clobbered onto Wrigley Field's right-field video-board roof in the Cubs' Game 4 win over the Cardinals in the division series has been taken down. The ball was placed under a plexiglass case by the Cubs after it was discovered atop the video board after that game in October.

Cubs spokesman Julian Green said Tuesday that he could not reveal where the ball is now “for security reasons.” But he did confirm that it is in the Cubs’ possession in “a safe, secure place” and that they have not yet decided what its future will be.



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2016 TOMORROW NEVER KNOWS FESTIVAL

Know Tomorrow

THE ACTS TO SEE EACH NIGHT AT TNK

By Josh Terry | REDEYE

Nothing kicks off a year of awesome Chicago club shows better than Tomorrow Never Knows. Happening over five days (Wednesday to Sunday) at six different venues, the 12th annual music festival boasts a cornucopia of rising acts in both comedy and indie rock. While it's not a typical music fest in that there's no marquee headliner like LCD Soundsystem (or lovely summer weather), it's always one of the most consistently fun ways to spend your January. You just might have to trudge through the snow to get there. Here are the must-see shows for each day of TNK, with enough background so you're not going in blindly but not so much that you don't still feel like you're making some discoveries. Buy tickets at lh-st.com. Unfortunately, five-day passes (\$100) are sold out.

JTERRY@REDEYECHICAGO.COM | @JOSHHTERRY

Wednesday

Recommended show: Whitney, Wildhoney, Michael Rault and Troy Anderson, 9 p.m. at Schubas. \$15.

WHITNEY

Backstory: A six-piece, Portland, Ore.- and Chicago-based band comprised of Smith Westerns, Unknown Mortal Orchestra and Touching Voids alums.

Sound: What would happen if an indie pop band only listened to the Band and Big Star.

Album to start with: N/A, since the band's album isn't out yet. This is one of my most anticipated releases of the year.

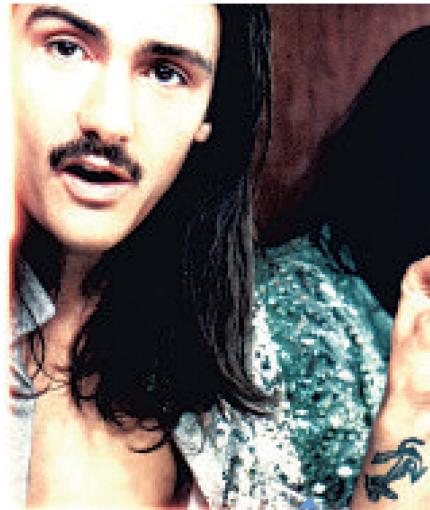
Favorite song: "No Matter Where We Go"

WILDHONEY

Backstory: Buzzy and fuzzy Baltimore quintet. **Sound:** Think Cocteau Twins, My Bloody Valentine and Slowdive.

Album to start with: While I enjoyed last year's debut, "Sleep Through It," I loved the more recent EP "Your Face Sideways."

Favorite song: "Ceiling Fan"



MICHAEL RAULT

Backstory: Canadian.

Sound: Swaggering power-pop that's as fun as it is timeless.

Album to start with: "Living Daylight" is one of 2014's hidden gems.

Favorite song: "All Alone (On My Own)"

NOT FEELING IT?

Try Lady Lamb (with American Wrestlers, 9 p.m. at Lincoln Hall, \$15), who had 2015's first four-star album in "After."

Thursday

Recommended show: San Fermin and Andy Shauf, 9 p.m. at Athanaeum Theatre. \$17-\$23.

SAN FERMIN

Backstory: Sprawling Brooklyn, N.Y., collective spearheaded by composer Ellis Ludwig-Leone, who will be performing with nine musicians from Chicago's Fifth House Ensemble.

Sound: Orchestral baroque pop that reaches for the rafters with ornate yet accessible songs.

Album to start with: The group's 2013 self-titled record, which boasts their best song, "Sonsick."

Favorite song: Sorry for the spoiler, but it's still "Sonsick."

ANDY SHAUF

Backstory: Singer-songwriter from Saskatchewan who just signed to ANTI- Records

(Wilco, Glen Hansard) on the strength of work like 2012's "The Bearer of Bad News."

Sound: Intimate folk with clarinets and a unique tenor that channels Elliott Smith's immediacy.

Album to start with: "The Bearer of Bad News," which was conveniently reissued last year.

Favorite song: Tough call between "Drink My Rivers" and the epic "Wendell Walker."

FEELING UP FOR COMEDY?

Go for Nick Thune, 7 and 10 p.m. at the Hideout. \$20.

NICK THUNE

Backstory: Guitar- and piano-wielding comedian who you probably know from Honda commercials.

Humor: Observational one-liners that'll make you think, "Why didn't I think of that?" after you're done laughing at the punchlines.

Album to start with: "Folk Hero" is a masterful special that's streaming on Netflix.

Joke: "C-sections are like the DiGiorno of pregnancy because it's not delivery ... but it's gonna still smell like a delivery."

ALSO PLAYING

Tobacco (10 p.m. at Smart Bar, \$15). This maniacal electronic project from Black Moth Super Rainbow frontman Thomas Fec will keep the energy off the rails.

Friday

Recommended show: Torres, Palehound and Julien Baker, 9 p.m. at Lincoln Hall. \$15.

TORRES

Backstory: Mackenzie Scott, the Brooklyn-based songwriter who performs as Torres, doubles down on her assertive, emotionally resonant storytelling on 2015's "Sprinter."

Sound: A great amalgamation of PJ Harvey, Sharon Van Etten and Dinosaur Jr.

Album to start with: "Sprinter" is her best, but I still have a soft spot for her warm, 2013 self-titled debut.

Favorite song: "Honey" will hit you in the gut.



JULIEN BAKER

Backstory: Baker, a 19-year-old junior at Middle Tennessee University, offered an emotionally devastating but lovely debut collection of songs in last year's "Sprained Ankle."

Sound: Me crying on the No. 147 bus on the way to work after playing "Rejoice."

Album to start with: It's the only one, but "Sprained Ankle" is just an astounding work.

Favorite song: As someone who grew up in a very conservative evangelical part of West



Steven A. Clark

Michigan, "Rejoice" couldn't have hit me with more force.

PALEHOUND

Backstory: Boston resident and Palehound figurehead Ellen Kempner, who once sang about keeping a carrot as a pet, uses quirk and charm as a weapon.

Sound: Frenetic indie rock.

Album to start with: "Dry Food," which might not have made RedEye's Best 20 Albums of the Year but is a strong contender for "2015 albums we tweaked on and only started listening to in 2016" list.

Favorite song: The aforementioned "Pet Carrot" and "Molly," which totally rips.

LOOKING FOR LAUGHS?

Try Bobcat Goldthwait (7 and 10 p.m. at Hideout, \$20) whose dark and often-misanthropic humor translates as hilariously to film (he directed 2011's "God Bless America" and last year's "Call Me Lucky") as it does to the stand-up stage.

Saturday

Recommended show: METZ and Bully (with Slow Mass), 9 p.m. at Metro. \$15.

METZ

Backstory: Noise-rockers from Canada with two creatively titled albums, "METZ" and "II."

Sound: Eardrums bursting.

Album to start with: "METZ." While both albums are great, the debut has more gritty standouts.

Favorite song: "Get Off."



BULLY

Backstory: Alicia Bognanno, a former intern at Steve Albini's Electrical Audio, formed and fronts a Nashville garage-rock band that blew the doors off both Pitchfork and Lollapalooza last year.

Sound: In-your-face but also pop-minded rock 'n' roll.

Album to start with: There's only one, and that's 2015's "Feels Like."

Favorite song: "Brainfreeze."

WANT TO LOL?

Hari Kondabolu and Martin Morrow, 7 and 10 p.m. at Hideout. \$20.

HARI KONDABOLU

Backstory: A Seattle-based immigrant-rights worker turned Brooklyn-based stand-up comic, Kondabolu has honed his craft to be one of the most incisive and on-point comedians working today.

Humor: Unflinchingly hilarious observations on race, ethnicity and identity.

Album to start with: "Waiting For 2042"

Joke: "#OscarsSoWhite that the statue counts as a Person Of Color." from @harikondabolu

ALSO PLAYING

The Go! Team (9 p.m. at Lincoln Hall, \$15) released its first album in four years with 2015's "The Scene Between." The U.K. six-piece will play songs from that as well as its rapturous 2004 debut "Thunder, Lightning, Strike."

Sunday

Recommended show: JMSN, Steven A. Clark, 9 p.m. at Lincoln Hall. \$15.

JMSN

Backstory: Pronounced "Jameson," JMSN is the stage name of crooner-producer Christian Berishaj. While he has a notable solo career as a producer and singer, he also appears throughout the credits of Kendrick Lamar's "Good Kid, M.A.A.D. City" for vocal performances on songs like "Bitch, Don't Kill My Vibe," "Sing About Me, I'm Dying of Thirst" and more.

Sound: We would have been obnoxious and called this music PBR&B a few years ago. It's good, though.

Album to start with: 2014's self-titled.

Favorite song: "Street Sweeper."

STEVEN A. CLARK

Backstory: Miami-via-North Carolina crooner.

Sound: Elaborate R&B.

Album to start with: His only release, "The Lonely Roller."

Favorite song: "Can't Have."

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ON SALE 11 A.M. FRIDAY

*Tame Impala, Thursday, June 9 (\$40, all ages) at UIC Pavilion.



ON SALE 10 A.M.
WEDNESDAY

Lily & Madeleine, Saturday, March 12 (\$15, all ages) at Lincoln Hall.

ON SALE 10 A.M. FRIDAY

Adam Lambert, Alex Newell, Wednesday, March 23 (\$55, 18+) at Vic Theatre.

Andra Day, Tuesday, March 15 (\$17.50-\$20, 18+) at Lincoln Hall.

*Cullen Omori, Thursday, March 24 (\$15, 18+) at Lincoln Hall.

*God Is An Astronaut, Saturday, Sept. 3 (\$20-\$25, 18+) at Lincoln Hall.

*Le Butcherettes, Thursday, March 3 (\$13, 17+) at Subterranean.

The Rocket Summer, Saturday, April 2 (\$16-\$18, 17+) at Subterranean.

Slayer, Testament, Carcass, Saturday, Feb. 20 (\$50.50, all ages) at Riviera Theatre.

Somos, Friday, March 18 (\$12, all ages) at Beat Kitchen.

Steve'n'Seagulls, Wednesday, March 23 (\$13-\$15, 17+) at Beat Kitchen.

watermedown, Sunday, Feb. 28 (\$10, 17+) at Beat Kitchen.

ON SALE 11 A.M. FRIDAY

*Woods, Ultimate Painting, Saturday, April 23 (\$15, 21+) at Lincoln Hall.

ON SALE NOON FRIDAY

A Great Big World, Sunday, April 3 (\$20-\$65, 18+) at Lincoln Hall.

*Father John Misty, Tess and Dave, Thursday, April 14 (\$35, 18+) at Riviera Theatre.

*Lucius, Pure Bathing Culture, Thursday, March 24 (\$25, 18+) at Metro.

ON SALE 10 A.M.
SATURDAY

Brit Floyd, Friday, March 18 (\$23.50-\$78, all ages) at Chicago Theatre.

Florence and the Machine, Sunday, June 12 (\$19-\$83.50, all ages) at Hollywood Casino Amphitheatre.

ON SALE NOW

*Bonnie "Prince" Billy, Maiden Radio, Thursday, Feb. 18 (\$25-\$30, 18+) at Vic Theatre.

*Quilt, Wednesday, April 6 (\$12, 18+) at Schubas.

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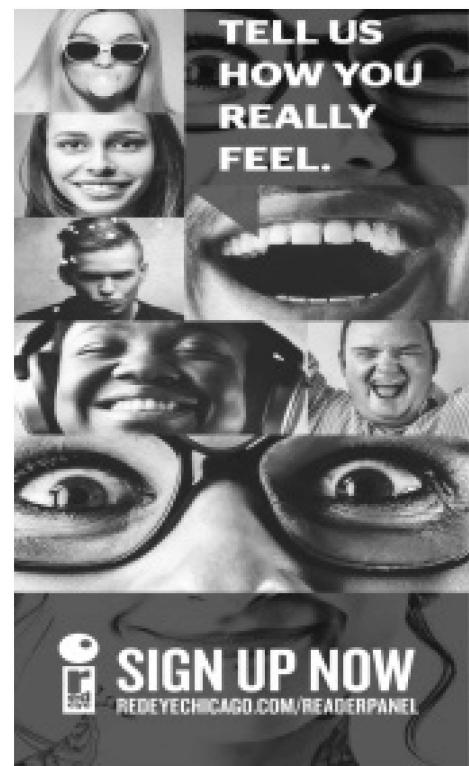
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Kitchen confidence

8 cardinal rules for someone learning to cook

By Judy Hevrdejs | CHICAGO TRIBUNE

No one is really "born" a cook or a baker or a candymaker. Not even the world's culinary stars.

The road to becoming comfortable in the kitchen, a cook will tell you, is rarely straight or smooth. It is riddled with scorched pans, oversalted soups, scars, underseasoned stews, burns and flops. Trust me. I have scars and scorched pans to prove it.

Along the way, family, friends and colleagues have shared kitchen wisdom with me. So have many chefs, cookbook authors, farmers and home cooks.

Promise yourself to get into the kitchen and cook or bake or make candy or pickles or ... you get the idea. Let the power of cooking work its magic. Flops and all. And when flops happen, quote Ray Bradbury: "Life is trying things to see if they work." With a little help from some friends, of course:

Fix the flops: "Anyone who does a lot of cooking has flops, and each one teaches you something. ... If you've had a great flop, take a 'what-the-hell' attitude, and pull the dish

through with flair," the late Julia Child told us 30-plus years ago. Recalling a deflated chocolate souffle she decorated with whipped cream, dubbed "chocolate torte" and served to guests, she added, "Keep in mind that your audience doesn't know what you're aiming for, so don't let on."

Know where you went wrong: Chef Jacquy Pfeiffer, co-founder of the French Pastry School in Chicago, tells students, "It's very possible that a recipe will not work out right away. Sometimes very simple things, like you don't let your ingredients come to room temperature, might make the recipe fail. ... It's more important to know how a screwed-up recipe looks, and it's even more crucial to know how to fix it, than to make the perfect pastry."

Don't overdepend on gadgets: "My favorite kitchen tool is my hands," Connecticut cookbook author Pam Anderson said. "When you go in the kitchen, wash your hands and touch, smell, taste, look—freely. ... There's nothing like pulling pizza dough or bread dough out of the food processor, pouring it onto the countertop and giving it that final

30 seconds to a minute kneading to pull it into that baby's-butt smooth texture."

Learn how foods feel: "You can't just follow a recipe and have it turn out," said Paula Haney of Hoosier Mama Pie Co. in Chicago. "The recipe for a pie crust is going to be variable depending on the weather and humidity, so you kind of have to have a feel for it. ... You only have flour, butter and cold water. So I think it takes on this sort of magical thing."

Plan but be flexible: When chef Stephanie Izard (Girl & the Goat, Little Goat) plans a multicourse meal, "You want to have a little acidity; you want a little sweetness, a little spice or a little salty," she told us. "With each dish, I'm always trying to make the whole mouth happy." How do you start? "Pick the proteins first, [then] be flexible because you definitely want to base it on what's looking good at the market."

Simplify: "Almost everybody who is cooking dinner on a weeknight is doing a ['Top Chef'] Quickfire Challenge," said chef and cookbook author Rick Bayless (Frontera Grill, Topolobampo, Xoco, etc.) "You don't

have very much time. You just have to get dinner on the table, but you want it to be delicious." Understand how a recipe works, then "go into the kitchen and make something that's just exactly right for you." Improvise, he said, balancing flavors and textures.

Memorize these secret ingredients: Lauren Braun Costello, in "Notes on Cooking: A Short Guide to an Essential Craft," explained that sweetness (a touch of sugar, agave syrup or balsamic vinegar) can boost a dull tomato sauce. Vinegars and lemon can "add brightness" to nearly everything. And a pinch of salt? "It makes everything brighter and stronger, [but] that doesn't mean that things should taste salty," she said. Foods such as Parmesan, capers and anchovies can add saltiness to dishes.

Rethink recipes: When chef Art Smith had to lose weight for health reasons, he worked on his favorite recipes. "Roasting is probably the healthiest way to cook," he said. "I don't think anything blanched or boiled has any flavor. Roasting intensifies the color and the flavor of food."



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For more information call Mary Kapella PhD, RN or Franco Laghi MD at (312) 996-1575, 9:30AM to 4:00PM, Monday thru Friday at the University of Illinois at Chicago, Center for Narcolepsy, Sleep & Health Research. This study is funded by the National Institutes of Health.

To shampoo or not to shampoo

YOUR HAIR WILL TELL WHAT WORKS BEST

By Dennis Thompson | HEALTHDAY

A new trend in beauty is based on the idea that less is more—at least when it comes to shampooing your hair.

Some people, including Kim Kardashian, have stopped shampooing their hair regularly, or even altogether, based on the belief that the detergents in shampoo strip hair of its healthy natural oils. This form of hair care has even been dubbed “no-poo.”

Kardashian recently revealed that she washes her hair about every five days.

But is this truly healthy for your hair and scalp?

That largely depends on the type of head you have, according to skin and hair experts.

“It’s not a one-size-fits-all situation,” said Angela Lamb, director of Westside Mount Sinai Dermatology in New York. “It all depends on your hair type. There are some hair types that would tolerate it better than others.”

“No-poo” proponents clean their hair and scalp with products that contain no detergent, Lamb said. Alternatives run the gamut from a home-brewed concoction containing baking soda and apple cider vinegar to a variety of new manufactured products offered through salons that contain natural oils and nondetergent cleansers.

“There are a couple of salons in New York that are pushing it,” Lamb said. “Once I start hearing about it in my office, I know it has some type of following.”

Hair is made of protein, and at the root of each hair is an oil gland, Lamb said. The oil produced by this gland coats the hair and protects it from becoming brittle.

The thought behind the “no-poo” movement is that “by leaving the natural oils on the hair, the hair doesn’t need any styling products,” said Lisa Donofrio, an associate clinical professor of dermatology at the Yale University School of Medicine. “If you don’t apply any styling products, then there is no need to wash your hair. No products, no need to wash them out.”

Hair products like gel, mousse and hair

Bottom line: If you feel the need to join the no-shampoo movement, your hair will tell you if it works for you.”

—Lisa Donofrio, an associate clinical professor of dermatology at the Yale University School of Medicine



spray are among the reasons people need to wash their hair regularly, Lamb said.

“You don’t want to leave products in for a month,” she said. “Those are things you want to wash out, or the hair can become brittle and break.”

There are, however, other reasons people need to use a detergent shampoo on a regular basis, some health care experts contend.

For example, the scalp beneath the hair needs to be regularly cleaned of oil, dried sweat, dirt and dead skin cells, said Robert Dorin, a board-certified hair transplantation surgeon in New York.

Those using “no-poo” products “aren’t really cleaning their scalp,” he said. “They’re not taking off the environmental impurities.”

People who don’t use detergent shampoo to clean the scalp run the risk of developing fungal and bacterial infections, Dorin said.

They also might suffer from irritation of the scalp, flaking and pimplelike lesions, Donofrio said.

Lamb added that regular shampooing also helps control and treat scalp problems, such as psoriasis, eczema and dandruff.

Still, there’s no hard-and-fast rule on how often to wash your hair with a detergent shampoo, the dermatologists agreed.

Lamb said that everyone is different, and the only way to know how often you should wash your hair is to experiment.

“You’re not putting your hair at risk by trying this,” she said. “Try it and see. Frankly, I have some patients who love it and say their hair is the healthiest it’s ever been. And I have other patients who say their hair has too much buildup; their scalp is too oily; their scalp is itching.”

Donofrio agreed.

“Bottom line: If you feel the need to join the no-shampoo movement, your hair will tell you if it works for you.”

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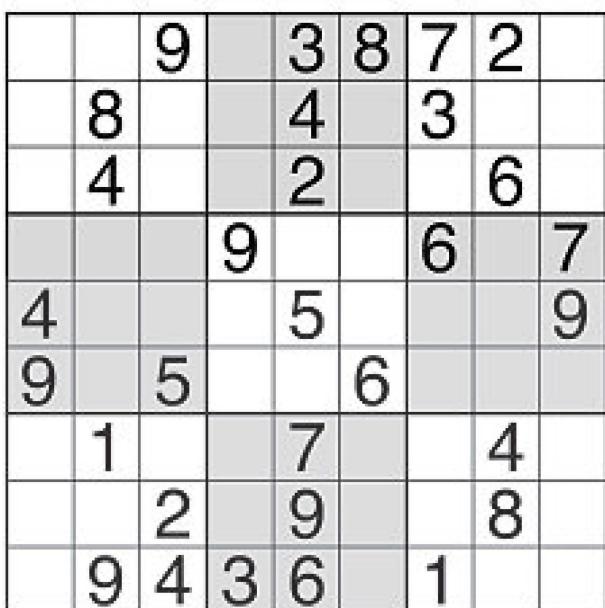
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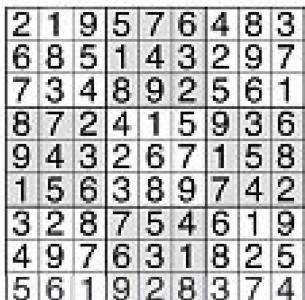
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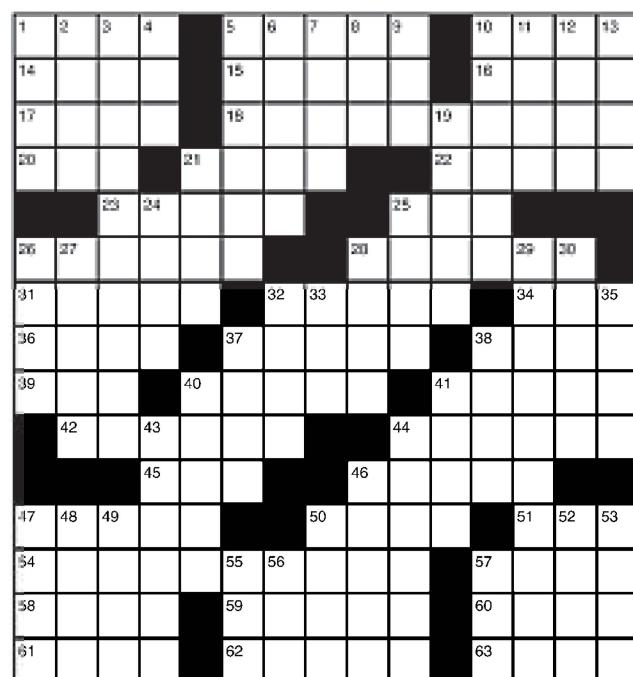


ACROSS

- 1 High-ranking British noble
- 5 Shoulder bag's feature
- 10 "...well that ends well"
- 14 Strong...ox
- 15 Ruth's mother-in-law
- 16 Jeff Bridges' brother
- 17 Crooked
- 18 Wipe out
- 19 Twelfth-graders' abbot
- 20 Barbie, for one
- 21 Lessons
- 22 Astound
- 23 Feathery scarf
- 24 Suppose beforehand
- 25 Common sense
- 26 Treaties
- 27 Hush money
- 28 Holloway bed
- 29 Way out
- 30 Chains of rocks at water's edge
- 31 Sign of an old wound
- 32 "Ready...go!"
- 33 Charming
- 34 Suddenly and sharp, as pain
- 35 Solar...sun and planets
- 36 Go by, as time
- 37 Owns
- 38 Play
- 39 Up and about
- 40 Singing pairs
- 41 Edison's initials
- 42 ...with: write to
- 43 Shipshape
- 44 Captain in "Peter Pan"
- 45 Therefore
- 46 Soap out
- 47 Finales
- 48 Leather
- 49 Singles

DOWN

- 1 Small amounts
- 2 ...friendly; easy to operate
- 3 Name of the NFL's Chiefs
- 4 Suffix for differ or exist
- 5 Take a nap
- 6 Piece of dining room furniture
- 7 Tootsie...classic candy
- 8 French friend



- 9 Peach stone
- 10 Overseas
- 11 Jump
- 12 Overdue
- 13 Takes to court
- 14 Jagged
- 15 Beaver projects
- 16 Mongrel dog
- 17 Baby's eating
- 18 Accessories
- 19 Primates
- 20 Woodwinds, for short

- 21 Married woman
- 22 Job
- 23 Castle trenches
- 24 Smile broadly
- 25 Gun the engine
- 26 Pine or palm
- 27 Regrets
- 28 Con game
- 29 Gaze fixedly
- 30 Word of lament
- 31 ...one's duty, is irresponsible

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55-59	111.00	92.25	45.00	37.50	23.00	19.25	14.20	11.95
60-64	136.00	103.50	55.00	42.00	28.00	21.50	17.20	13.30
65-69	163.50	126.00	66.00	51.00	33.50	26.00	20.50	16.00
70-74	221.00	171.00	89.00	69.00	45.00	35.00	27.40	21.40
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red hot

KRISTEN BELL forever

The "Veronica Mars" actress has signed on to star in a new NBC comedy from "Parks and Recreation" boss Mike Schur. According to [tvline.com](#), the show is about Eleanor, "a New Jersey woman who comes to realize that she hasn't been a very good person." Ted Danson is set to play Eleanor's guide "through her self-designed self-improvement course," [TVLine](#) reported. We're in if Bell is there.



THE DIGIT

46%

That's the percentage of people polled for Nielsen's 2015 Music U.S. Report who said they are unlikely to subscribe to Spotify or Apple Music because of the expense, according to [avclub.com](#). The Nielsen report, which surveyed about 3,000 people, also estimates that the average American spends \$152 annually on music, with most of that going to live music shows. Streaming services only account for 7 percent of that spending.

We all dream in what now?

The Academy of Motion Picture Arts and Sciences has unveiled its official theme for the 2016 Oscar broadcast. Are you ready? It's "We all dream in gold." We don't think we need to explain this further, and we think you can deduce it's kind of dumb. But enjoy. The Oscars are on Feb. 28. Watch them because Leo will win his first Oscar.



Julianne Margulies from CBS's 'The Good Wife'
GETTY IMAGES

The Kings are out

After the current season of CBS's "The Good Wife," creators Robert and Michelle King are leaving. According to [tvline.com](#), the exit is part of a longtime plan. Robert King told TVLine that CBS was trying to make deals for a Season 8, "... But to our minds, we have always written with the idea we could end this season a certain way so that it would make it a satisfactory [conclusion to the] series."



Miller: No more 'Mad Max'

If you're expecting more "Mad Max" brilliance from director **George Miller**, lower your expectations. Miller told *Page Six* that he was done making the "Mad Max" movies because they take forever. According to [vulture.com](#), he said, "We had to wait 18 months and every return to the U.S. was 27 hours. Those 'Mad Maxes' take forever. I won't do those anymore."

THE QUOTE

"THERE'S NO WAY WE'RE NOT HYPOCRITES ABOUT THIS, AND THERE ISN'T A COUPLE OF HOURS A DAY THAT I'M NOT THINKING ABOUT IT. THE BIG QUESTION IS, IS IT ALL TOO LATE?"



GETTY IMAGES

—**Leonardo DiCaprio**, in *Rolling Stone*, about the havoc we are wreaking on the environment. DiCaprio is currently filming a documentary on climate change.